

# Fitness Classes for Teens and Adults

Information (714) 327-7525

## Jazzercise\*\* Age: 16+

Registration is taken at the Senior Center

Jazzercise combines no-impact, low-impact, and impact movements that improve cardiovascular fitness, muscle tone, flexibility, posture, balance and coordination; all demonstrated by trained, Jazzercised Inc, AFAA, accredited instructors. For more information contact Dawna Banse, (949) 642-8408.

Class Site: Senior Center  
695 W. 19th Street, Costa Mesa

*Fee Varies with Number of Classes Attending*

<b>Jazzercise</b>	M/W/Th	6:00-7:00 pm
<b>Express Jazzercise</b>	Tu	6:00-6:30 pm
<b>Jazzercise</b>	Tu/Th	8:25-9:20 am
<b>Jazzercise</b>	Sat	8:30-9:30 am

## Boot Camp Workout\*\* Age: 16+

Please bring a mat to class. All levels of fitness welcome. Get fit, firm up and meet great people with a fun, energizing workout that begins with a warm-up then a short run and drills followed by sit-ups, push-ups and more.

Instructor: Brandi Knox  
Class Site: BCC  
No Class: 1/24

<b>\$84/10 Wks*</b>	<b>(Min 4/Max 20)</b>		
1580	1/15-3/19	Tu	6:30-7:30 pm
<b>\$76/9 Wks*</b>	<b>(Min 4/Max 20)</b>		
1579	1/17-3/21	Th	6:30-7:30 pm

## Recreational Volleyball and Conditioning Age: 16+

Tennis shoes required; Mat and towel recommended; Younger players permitted with instructor's permission.

Begin the class with 20 minutes of conditioning to improve flexibility and strength. Class provides an opportunity for novice through mid-level players to enjoy volleyball on a recreational level!

Instructor: Larry Kaban  
Class Site: Estancia High Gym  
2323 Placentia Avenue, CM  
No Class: 1/21, 2/18

<b>\$81/12 Wks*</b>	<b>(Min 5/Max 20)</b>		
Monday & Wednesday			
1685	1/7-3/27	M/W	7:00-9:00 pm
<b>\$63/12 Wks*</b>	<b>(Min 5/Max 20)</b>		
Monday or Wednesday (one day attendance)			
1684	1/7-3/27	M or W	7:00-9:00 pm

## Yoga in Nature All Ages

Class will meet at Fairview Park at the log benches in front of the parking lot off Placentia and Fairview Park Road. We will take a short 15 minute walk along the bluffs and down to the Big Green Park for a 45 minute yoga class among the big Sycamore trees! Let me take you on a little journey to unwind, reconnect with nature and gather your strength and vitality. No previous yoga experience necessary. Bring a mat or a towel.

Instructor: Jessi Conder-Moon  
Class Site: Fairview Park  
No Class: 1/21, 2/18, 1/26

<b>\$89/10 Wks.*</b>	<b>(Min 7/Max 50)</b>		
1707	1/7-3/25	M	5:00-6:15 pm
1709	1/12-3/23	Sa	10:00-11:15 am



## M.E.L.T. Method Self-Care

Ages: 18+

Erase pain & tension in your feet, hands, low back and neck, brought on by everyday stress, overuse, and age. Using small balls, this simple self-treatment can make your whole body feel better and provide relief from arthritis, bunions, plantar fasciitis and carpal tunnel syndrome. Bring water and wear comfortable clothing. [www.meltmethod.com](http://www.meltmethod.com) Call Niki at (949) 923-1622 for more information.

Instructor: Niki Parker  
Class Site: BCC

<b>\$10/1 Day*</b>	<b>(Min 5/Max 30)</b>		
1665	1/9	W	10:30-11:30 am
1666	2/13	W	10:30-11:30 am
1667	3/6	W	10:30-11:30 am



## Zumba® Dance Fitness\* Ages: 16+

Party yourself into shape! Zumba® is a fun, high-energy, exhilarating cardio workout using easy-to-follow, low impact dance steps to sizzlin' hot contemporary and Latin music. Burn up to 1000 calories, have a blast, and relieve stress in this energy-producing fitness experience. Come to the best Zumba® class in town with a guaranteed spot! Ditch the workout. Join the party!

Instructors: CS Dance Factory  
[www.csdancefactory.com](http://www.csdancefactory.com)  
(949) 230-5934  
No Class: 1/21, 2/13, 2/18, 2/21

<b>Class site: BCC</b>			
<b>\$55/5 Wks.*</b>			<b>Min 6/Max 40</b>
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<b>Session 1</b>			
1716	1/7-2/11	M	7:30-8:30 pm
1721	1/9-2/6	W	7:30-8:30pm

<b>Session 2</b>			
1781	2/25-3/25	M	7:30-8:30 pm
1782	2/27-3/27	W	7:30-8:30 pm

<b>Unlimited Zumba® at BCC</b>			
<b>\$154/10 Wks.*</b>	<b>Min 6/Max 40</b>		
1713	1/7-3/27	M/W	7:30-8:30 pm

<b>Class site: DRC</b>			
<b>\$55/5 Wks.*</b>			<b>Min 6/Max 40</b>
<b>Session 1</b>			
1717	1/7-2/11	M	6:00-7:00 pm
1719	1/10-2/7	Th	6:30-7:30 pm

<b>\$55/5 Wks.*</b>			<b>Min 6/Max 40</b>
<b>Session 2</b>			
1718	2/25-3/25	M	6:00-7:00 pm
1720	2/28-3/28	Th	6:30-7:30 pm

<b>Unlimited Zumba® at DRC</b>			
<b>\$80/5 Wks.*</b>	<b>Min 6/Max 40</b>		
1714	1/7-2/11	M/Th	times listed above
1715	2/25-3/28	M/Th	times listed above

# Fitness Classes for Teens and Adults

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## Yoga Age: 18+

New students please attend first class. Yoga mat and large blanket recommended.

Students will work body alignment and the breath to explore the essential poses that are the foundations of yoga. Cultivate inner awareness and enjoy a sense of well-being.

Instructor: Barbara Burks  
Class Site: BCC  
No Class: 1/21 & 2/18

**\$85/10 Wks\*** (Min 10/Max 30)  
1703 1/7-3/25 M 6:15-7:15 pm

**\$101/12 Wks\*** (Min 10/Max 30)  
1704 1/9-3/27 W 6:15-7:15 pm

Instructor: Janet Millian  
Class Site: NCC  
No Class: 1/21, 2/18

**\$85/10 Wks\*** (Min 10/Max 24)  
1705 1/7-3/25 M 6:30-7:45 pm

**\$101/12 Wks\*** (Min 10/Max 24)  
1706 1/9-3/27 W 6:30-7:45 pm

## Gentle Yoga Age: 16+

Please bring a mat and a blanket.

Enjoy a slow paced, deeply relaxing yoga practice. Easy to learn breathing techniques will also be introduced to further reduce stress and tension.

Instructor: Janet Millian  
Class Site: NCC

**\$101/12 Wks\*** (Min 10/Max 24)  
1594 1/9-3/27 W 5:00-6:10 pm

## Hammock Aero-Fitness\*\* Ages: 12+

This one-of-a-kind class offers a full body fitness work-out catered to any individual shape or age. Suspended on air and supported by aerial apparatus including hammock, exercises touch on body extremities and core to develop strength, flexibility, motor dynamics, spinal alignment, endurance, reflex sharpness, balance and somatic perceptions.

Instructors: OC Aerial Arts  
Class Site: 2777-D Bristol St., Costa Mesa

**\$70/4 Wks.\*** Min 1/Max 12  
1635 1/7-1/28 M 7:00-8:00 pm  
1636 2/4-2/25 M 7:00-8:00 pm  
1767 3/4-3/25 M 7:00-8:00 pm

## Traditional Karate\*\* Age: 15+

Refer to receipt for dress attire and missed classes information.

Traditional Japanese Karate develops self-confidence, stamina, self-discipline, agility, physical and mental conditioning, increased energy, self-control and self-defense. Shito-Ryu style Karate is taught year-round with an opportunity to progress in rank.

Instructor: Roy Center  
Class Site: BCC  
No Class: 2/19, 2/21

**\$88/11 Wks.\*** (Min 8/Max 35)

### Beginner/Intermediate

1565 1/8-3/26 Tu 7:45-9:15 pm  
1564 1/10-3/28 Th 7:45-9:15 pm

### Unlimited Attendance

**\$121/11 Wks.\*** (Min 8/Max 35)

1566 1/8-3/28 Tu/Th 7:45-9:15 pm

## Kung Fu \*\* Age: 13+

Uniform fee \$15

Shaolin-Do is more than just a fighting art, it is a way of perfecting oneself. By studying the efficiency and balance that exists within nature, we gain understanding and respect for all life. It is the original blend of hard and soft arts, developing internal and external strength simultaneously.

Instructor: Sifu Joyce Patrick  
Class Site: Newport Beach Shaolin-Do  
1606 Monrovia Ave., 92663

**\$109/10 Wks\*** (Min 5/Max 30)  
1789 1/14-3/21 M or Th 7:30-8:30 pm

## Olympic Sr. Judo & Self Defense

Age: 13+

This special class is being taught by Grand Master Nori Bunasawa who is a former Japanese World Team member and U.S. World Judo team coach. He will teach the secret of successes of the Olympic Judo basics, as well as physical and mental discipline. He will also teach the ancient Judo self defense (Judo/Karate and original BJJ Jiu-jitsu combined with self defense arts)

Instructor: Nori Bunasawa  
Class Site: Hougaji Temple,  
254 Victoria St., Costa Mesa

**\$85/4 Wks\*** (Min 5/Max 25)  
1827 1/8-1/29 Tu/F 4:30 -5:30 pm  
1828 2/1-2/26 Tu/F 4:30 -5:30 pm  
1829 3/5-3/29 Tu/F 4:30 -5:30 pm

## Body Pump Age: 13+

BODYPUMP is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight get you results FAST! Classes are unlimited for the 8 weeks.

Instructor: Move it Momma Fitness Staff  
Class Site: Move it Momma Fitness Studio  
10172 Adams Ave., Huntington Beach, 92646

**\$154/12 Wks\*** (Min 1/Max 20)

1577 1/7-3/28 M/Th 9:30 am-10:30 am

## Pilates Mat Age: 18+

Bring a thick mat/towel. Wear comfortable clothing.

Relieve back pain by building a strong core. Reduce stress, create a more flexible body, and improve your posture to make you stronger for your daily activities and sports. YOU will learn how to strengthen and lengthen. Wear comfortable clothing and bring a thick mat/towel. Call Niki at (949) 923-1622 for more information.

Instructor: Niki Parker  
Location: BCC  
No Class: 2/20, 2/22

**\$49/4 Wks\*** (Min 5/Max 25)

### Session 1

1677 1/9-1/30 W 9:30-10:30 am  
1679 1/11-2/1 F 9:30-10:30 am

### \$60/5 Wks\*

### Session 2

1678 2/13-3/20 W 9:30-10:30 am  
1787 2/15-3/22 F 9:30-10:30 am

## Meditation Age: 15+

Learn to connect with yourself and feel the peace and bliss of your being. Meditation works for everyone and brings you greater clarity, happiness, and peace. Jessi is a teacher for Self Awareness Instructors, an organization dedicated to helping people tune in to the cosmic expression of love that they are.

Instructor: Jessie Conder-Moon  
Location: NCC  
No Class: 1/22

**\$45/5 Wks\*** (Min 7/Max 30)

1780 1/8-2/12 Tu 7:00-8:00 pm  
1786 2/19-3/19 Tu 7:00-8:00 pm